BTEC Assignment Brief

Qualification	Pearson BTEC International Level 3 Certificate in Hospitality Pearson BTEC International Level 3 Subsidiary Diploma in Hospitality Pearson BTEC International Level 3 Foundation Diploma in Hospitality Pearson BTEC International Level 3 Diploma in Hospitality Pearson BTEC International Level 3 Extended Diploma in Hospitality
Unit number and title	Unit 20: Menu Development for Specialist Requirements
Learning aim(s)	**A:** Understand the importance and principles of balanced diets
Assignment title	**Researching Healthy Diets and the Nutritional Requirements for Special Diets.**
Assessor	
Issue date	
Hand in deadline	

Vocational Scenario or Context	You have recently been appointed to work as a supervisor in a large contract catering business, which has just taken over the catering for a large hospital. It is really important that the catering staff can provide a balanced diet to the patients, staff and visitors in the hospital. These people may also have special dietary requirements. The management have decided to create a website about nutrition.
Task 1	Carry out research and review: • Healthy eating guidelines and the nutritional requirements of a balanced diet including macro and micro nutrients, water and fibre and the sources of these nutrients. • The benefits to the individual of a balanced diet and the effects of individuals eating inappropriate amounts of nutrients. • The advantages and disadvantages of using food additives. • How certain diets can affect health. The dietary groups should include: o Diabetes

	o Hypertension o Food allergies o Intolerances such as coeliac disease, lactose intolerance o Weight control diets o Cultural influences o vegetarian You must source menus for at least four different dietary groups. Research the different factors and influences that should be considered when planning menus to meet dietary guidelines. Your menu, however, must be balanced in terms of taste, texture, colour and nutritional value.
Task 2	The catering company has decided to add some pages on nutrition to the hospital's website. The article should contain: • A thorough evaluation of the importance of healthy eating guidelines and the nutritional requirements of a balanced diet. This should include the importance of healthy eating and the factors that contribute to a balanced diet. • A comprehensive explanation of the nutrients important in a balanced diet including macro and micro nutrients, water and fibre and the sources of these nutrients. • The benefits to the individual of a balanced diet and the effects of individuals eating inappropriate amounts of nutrients. • A thorough explanation of the advantages and disadvantages of using food additives.
Checklist of evidence required	Research portfolio Menu and recipes Article

Criteria covered by this task:	
Unit/Criteria reference	To achieve the criteria you must show that you are able to:
A.D1	Evaluate the importance of healthy eating guidelines and the nutritional requirements of a balanced diet.
A.M1	Compare the roles of nutrients in a balanced diet.
A.P1	Explain the guidelines and nutritional requirements of a healthy

	balanced diet.
A.P2	Explain the implications of the use of food additives.

Sources of information to support you with this Assignment	
Other assessment materials attached to this Assignment Brief	